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TEN LESSONS IN

FOOD PREPARATION AND MEAL PLANNING

FOR

NORTH CAROLINA HOME DEMONSTRATION CLUB WOMEN

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FOREWORD

Food work for North Carolina Home Demonstration club women i comprised in ten lessons in food preparation and meal planning a eight lessons in conservation of food. It may cover a period of fo years or may be done in two years of more intensive work. This pa phlet contains lessons which Mrs. Cornelia C. Morris, Food Special has arranged to cover food preparation and meal planning.

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State Home Demonstration Agent

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FOR

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Certificates in food preparation and meal planning are presented to Home Demonstration Club women when they have completed the four years' work as outlined and can show that they understand the principles involved, and are able to demonstrate satisfactorily the planning, preparing and serving of a breakfast, a dinner, and a supper.

LESSON I

Personal Hygiene

Washable dresses are preferable for house-work. When cooking or handling food an apron should be worn and the hair should be carefully covered with cap or net. Have hands and nails scrupulously clean. A supply of both hand and dish towels should be conveniently near.

Selection and Care of Equipment

Consider the work that is to be done and select the necessary utensils only. If an oil stove is used see that it is in order and that it burns with a steady blue flame. Study the construction of the stove and how to care for it. See that the tank is full of oil and that matches are on hand.

Select china, silver and linen, either plain or with a simple inconspicuous design. Doilies or mats may be substituted for a table cloth with pleasing results. When properly selected they are attractive to the eye and save laundry work.

Steel wool or a metal glove will save time when cleaning cooking vessels. Wipe greasy dishes with paper before washing and burn the paper.

Dish Washing

Collect dishes, scrape and pile all of a kind together. Have dish-pan half full of hot soapy water. Use soap-shaker and dish-mop. Wash glass, silver, and china in order given. Place in dish-drainer, pour boiling water over them, cover with a clean cloth and leave to dry. For cleaning silver use a smooth paste that will not scratch or injure it. Wash with hot, soapy water and rinse with clear, hot water.

Weights and Measures

Accurate measurements are necessary to success in cooking. The standard measuring cup holds one-half pint. All measurements given in these recipes should be leveled with a knife. All dry materials should be sifted before measuring and never packed into a cup but put in lightly. Half a spoonful is measured by dividing in halves lengthwise.

Table of Abbreviations

t. = teaspoonful	qt. =quart
T. = tablespoonful	pt. = pint
ssp. = saltspoonful	oz. = ounce
c. = cupful	lb. = pound
m. = minute	h. = hour

Table of Weights and Measures

4 ssp. = 1 t.	2 pts. = 1 qt.
3 t. = 1 T.	4 qts. = 1 gal.
4 T. = 1-4 c.	4 c. flour = 1 lb.
8 oz. = 1 c.	2 c. solid butter = 1 lb.
2 gills = 1 c.	3 c. meal = 1 lb.
2 c. = 1 pt.	2 c. granulated sugar = 1 lb.

Methods of Cooking

1. *Boiling*—Cooking in water at a boiling temperature, 212 degrees Fa renheit (F).

2. *Stewing*—Cooking in water below the boiling point, 160-198 degrees (F

3. *Frying*—Cooking in deep fat (cooked foods require more heat and le time for frying than uncooked). Have enough fat to cover or float t article.

4. *Sauteing*—Cooking in a small amount of fat, commonly called frying.

5. *Broiling*—Cooking over hot coals, or under a gas flame, or in a hot pa Sear the surface and then cook more slowly. This preserves all of the juic and flavors of the meat. Never pound steak before broiling it.

6. *Roasting*—Cooking meat by surrounding the whole surface with heat.

Table Setting and Service

See that the dining-room is well aired and in perfect order before the me Lay a felt cloth or one of canton flannel on the table. Put on the tableclo with the folds straight and even, being careful that the part which han over is equal at each end. Consider the number to sit down and divide the space so that the distance between the plates may be equal.

At the right of the plate place the knives, soup spoon and oyster fork, oysters are served. Arrange in the order of courses. Just above the kni place the tumbler. At the left of the plate place the fork, then the napki and above the napkin the bread and butter, or butter plate. The tines the forks should be up, also the bowls of the spoons. The knives should turned with the sharp edge toward the plate. Have a bowl of fruit or few flowers in the center of the table.

For breakfast place the coffee pot, sugar bowl, cream pitcher, cups a saucers in a semi-circle in front of the hostess. The host serves the ma dish.

Dishes on which hot foods are to be served should be hot. Pass everythi to the left when a person is to help himself, holding the tray firmly, and lo near enough that the dish may be within easy reach. When setting a thi down before a person go to the right, as in the case of soup, coffee, etc. filling a tumbler, take it near the bottom, draw to the edge of the table, a fill three-fourths full. When ready for dessert, remove individual dishes fir then meat platter and all dishes holding food. Take off salt, pepper, and a dishes not necessary for the next course, then brush the crumbs from t tablecloth.

LESSON II

Classification of Food

The principal substances found in our foods are classified as: Wat Mineral Matter, Protein, Fats, and Carbohydrates.

Water forms a large part of the body. It keeps the tissues moist a gives them firmness and elasticity. It aids digestion, carries nourishment all parts of the body and removes waste. Water also regulates the temper

ture of the body. We need to drink not less than three pints of water daily, as the body constantly loses water through the breath, perspiration and kidneys. In addition to the water we drink we get a considerable amount from our food, as all foods contain water.

Mineral Matter builds bone and aids digestion. Vegetables, fruits and cereals (if the whole grain is used) supply valuable mineral substances and vitamines. Milk contains more lime than any other food and supplies vitamines. We depend on vegetables and fruits to supply bulk, which is needed in the stomach and intestines while other foods are being digested and absorbed.

Protein builds tissue and gives heat and energy. We get protein from milk, eggs, cheese, lean meats, peas, beans, and cereals. We must have protein in some form every day to repair and build tissue.

Fats supply heat and energy. Butter, cream, oil, nuts and fat of meat are our chief fuel foods. We need these foods to keep us warm. Butter and cream contain vitamines known as fat soluble A.

Carbohydrates supply heat and energy.

Carbohydrates are divided into two groups: sugar and starch. These foods keep us warm and make us strong and active. If too large a proportion of sugar and starch is eaten and too little exercise taken the excess is stored as fat.

Sugar—Cane, beet and others.

Under this heading we have sirup, jellies, preserves, cakes, and other sweet desserts.

Starch—Cereals, vegetables macaroni, etc.

Bread, pastry, potatoes, rice and hominy are some good examples of starchy foods.

A balanced meal is one that contains all of the food nutrients in the right proportion to nourish the body.

LESSON III

The human body is very much like a machine. A machine cannot run without fuel, repair, and regulating—neither can the body. Let us think, then, of the body as a machine and consider its needs as such.

I. The first need is fuel, as the body must be kept warm and must have energy to do its work. The amount of fuel needed depends on the amount of work done. A laborer burns more fuel in his body than a person doing light work.

If the body does not have a sufficient amount of fuel to do its work and keep it warm it will burn its own tissue and become thin.

If too much fuel is supplied the body machine will take what it needs and the remainder will be stored as fat.

The foods that supply fuel to the body are: starch, sugar, fat, and protein.

(a) Starch is the most abundant and the cheapest fuel—as cereals, bread, potatoes, peas, beans, etc.

(b) Sugar is a palatable fuel and is found in sweet fruits, desserts, honey, sirups, etc.

(c) Fat. A pound of fat gives about two and one-fourth times as much energy as a pound of sugar. Foods rich in fat, therefore, have a high fuel value. Examples are: fat meat, oils, nuts, cream, butter, etc. Growth-promoting vitamines are found in the fat of milk, eggs, and cod-liver oil.

(d) Protein supplies a part of the day's fuel, though its chief function is tissue building.

II. Foods that supply building material keep the body machine in repa. For building tissue, bone, and blood it is necessary to include in t diet foods that are rich in protein, lime, iron, and phosphorus.

(a) Protein builds tissue and is found in both animal and plant foo. Milk, cheese, eggs, meat, and fish supply animal protein. Plan protein is found in cereal foods, bread, peas, beans, nuts, ve tables and in fruits to some extent.

(b) Lime builds bone and teeth. Milk is the most valuable food i supplying lime. Next to milk are spinach, cabbage, onio celery, cheese, and eggs.

(c) Iron makes red blood and is found in green vegetables, cere that have not had the outer layers of the grain removed, eg fruit, and meat.

(d) Phosphorus is necessary for the growth of bones, teeth, and fle. It is found in cereals that have not had the outer layers of t grain removed and in dried peas and beans, milk, eggs, a meat.

III. Body-regulating foods are as necessary as body-building foods. Ac and salts in fruits and vegetables stimulate the flow of digesti juices and the bulky fibrous part stimulates the intestinal musc and helps in the elimination of waste. Water is a body-regulat and should be drunk freely. It removes waste products and regula the temperature of the body.

IV. Two pounds of solid food and three pints of water are required ea day for the body of an adult.

V. A calorie is the common measure for the heat-producing property foods. It is the amount of heat required to raise the temperature one pound of water 4 degrees F.

Thus we speak of potatoes as having a fuel value of 295 calories p pound. From a study of the following table it will be seen that ca ful planning of the bill of fare is important, both winter and summ.

Food Value of One Pound of Food

	Calories		Calor
Beef, round	890	Potatoes	
Beef, sirloin	975	Beans, dried	1,(
Mutton	1,770	Rice	1,(
Cod	220	Cornmeal	1,(
Oyster	225	Oatmeal	1,8
Milk	310	Wheat flour	1,(
Butter	3,410	Wheat bread	1,2
Cheese	2,075	Sugar	1,7
Cheese, full cream	1,885		

LESSON IV

Dr. E. V. McCollum, of Johns Hopkins University, gives three rules follow in making out the dietary. These are:

"*First:* Everyone should have every day a quart of milk or its equivale in cheese, cottage cheese, or such dishes as custards, ice cream, junkett, coc milk toast in creamed soups and vegetables.

"*Second:* Everyone should eat every day two salads of fresh, raw uncook fruits or vegetables. It is well to plan to eat one of these at lunch or supp and the other at dinner.

"*Third:* Everyone should have every day one liberal serving of son cooked green leafy vegetable, such as spinach, kale, cabbage, water cress turnip or beet tops.

"When you have provided conscientiously for food according to these rules he adds, "you can in most cases safely let the appetite be the guide for t rest of the food which the family will eat. A good mixed diet containi liberal quantities of the protective foods is the best plan to follow."

Dr. McCollum gives the following typical menus, which will assist the ousewife in preparing balanced meals for the family. She will frequently ave to make substitutions, but this will give her an opportunity to study oods and to build her own menus with substitutes of similar food value. A afy vegetable can be substituted for another leafy vegetable, a root vege- ble for a root vegetable, oranges for grape fruit, and so on.

Dinner

Roast Chicken, with Stuffing Mashed Potatoes
Creamed Brussels Sprouts Buttered Turnips
Cabbage and Celery Salad
Bread and Butter Milk Coffee
Ice Cream Wafers

Dinner

Breaded Pork Chops Scalloped Potatoes
Creamed Onions Spinach Bread and Butter
Pickles
Coffee Milk
Grapefruit and Celery Salad Wafers

Dinner

Stuffed Spareribs Mashed Potatoes
Sauerkraut Creamed Carrots Cole Slaw
Bread and Butter
Milk Coffee
Caramel Custard Cream Wafers

Dinner

Broiled Steak Scalloped Potatoes
Kale or Swiss Chard Creamed Turnips Pickles
Cabbage and Beet Salad
Bread and Butter Milk Coffee
Apple Dumpling, with Foamy Sauce

Dinner

Meat Pie Creamed Onions
Swiss Chard or Spinach Glazed Sweet Potatoes
String Bean Salad
Bread and Butter Milk Coffee
Apples and Grapes

To assist the housewife in the preparation of the above meals a few recipes re given below. Some of the recipes are for dishes given in the menus; thers are for substitutes that may be used when changing the menus.

White sauce is the foundation for all cream soups, gravies and sauces and s given in varying proportions as follows:

White Sauce

No.	*Milk*	*Flour*	*Butter*	*Salt*
1	2 cups	1 tablespoon	1 tablespoon	½ teaspoon
2	2 cups	2 tablespoons	2 tablespoons	½ teaspoon
3	2 cups	3 tablespoons	3 tablespoons	½ teaspoon
4	2 cups	4 tablespoons	4 tablespoons	½ teaspoon
5	2 cups	5 tablespoons	5 tablespoons	½ teaspoon
6	2 cups	6 tablespoons	6 tablespoons	½ teaspoon

Melt the butter in a saucepan and stir in the flour. Scald the milk and our it slowly into the butter and flour mixture. Stir constantly, cooking till

smooth. Number one and number two are suitable for cream soups, numb three and number four for sauces and gravy, and five and six for croquett

All of the creamed vegetables in the dinner menus are easy to prepa The vegetables are cooked in boiling salted water and are served with medium white sauce. Number three and number four are good proportions use with vegetables. Carrots, potatoes and salsify are more attractive if cut cubes before the addition of the white sauce. Asparagus is usually arrang on slices of toast with a small amount of the sauce poured over it.

LESSON V

Cream soups are nourishing and palatable and when served with bread a butter, a salad and a sweet make a satisfactory luncheon.

Recipes are given for Potato Soup and for Cream of Green Pea Soup, wi suggestions for others.

Potato Soup

- 3 potatoes
- 1 qt. milk
- 3 slices onion
- 3 T. butter
- 2 T. flour
- 1 1-2 t. salt
- 1-4 t. celery salt
- 1-8 t. pepper
- 1 t. chopped parsley

Cook potatoes in boiling salted water; when soft, rub through a strain Scald milk with onion, remove onion and add milk slowly to potatoes. M half the butter, add dry ingredients, stir until well mixed, then stir i boiling soup. Cook one minute, strain, add remaining butter and sprinl with parsley.

Cream of Green Peas

- 1 pt. peas
- 2 c. water
- 1 t. sugar
- 1 t. salt
- 2 c. milk, scalded
- 1-2 small onion, sliced
- 2 T. butter
- 2 T. flour
- Pinch of white pepper

Wash the peas if fresh, and drain if canned; cook peas, onion, sugar a water together until the peas are very soft. Mash the peas in the water which they were boiled, and strain. Melt the butter, add the flour, stir we and add a portion of the strained liquid. Boil three minutes, stirring co stantly. Add the remainder of the strained liquid, thin with hot milk, a add salt and pepper. Re-heat to the boiling point and serve.

Asparagus, celery, and other vegetables may be used in a similar mann for soups.

Potatoes are usually served in some form at least twice a day. The are so many different ways of cooking them there is no need of monotony their preparation. Some skill is necessary in the cooking of potatoes if th are to be really delicious. A boiled potato, if allowed to stand in the wat in which it is cooked, becomes heavy and unwholesome. If properly cook it is mealy and easily digested.

Boiled Potatoes

Wash, scrub and pare potatoes and put in cold water. Drop in boili salted water and cook until tender (about 30 minutes). Drain off every dr of water and put uncovered on back of stove, shaking gently to make the as mealy as possible and allow steam to escape.

Mashed Potatoes

lash potatoes in the kettle in which they were boiled, using a wire sher. To 1 pint of potatoes add 1 tablespoonful butter, one-half teaspoon , a little pepper and hot milk to moisten. Beat until creamy and free m lumps. Pile lightly in a hot dish and serve.

Shadow Potatoes

Wash and pare potatoes. Slice thinly (using vegetable slicer) into a bowl cold water. Let stand 2 hours, changing water twice. Drain, plunge o a kettle of boiling water and boil 1 minute. Drain again, cover with d water. Take from water and dry between towels. Fry in deep fat until ht brown, keeping in motion with a skimmer. Drain on brown paper and inkle with salt.

French Fried Potatoes *(Sweet or Irish)*

Wash and pare potatoes, cut in eighths lengthwise and soak 1 hour in cold ter. Take from water, dry between towels and fry in deep fat. Drain on wn paper and sprinkle with salt. Care must be taken that fat is not too t as potatoes must be cooked as well as browned.

Stuffed Potatoes

Bake the potatoes on the rack of the oven. Cut them into halves and nove the inside, keeping the skins in shape. Mash and season the inside rtion, re-fill the skins and bake till a delicate brown. Grated cheese may added.

Candied Yams

4 medium potatoes
1 c. sugar
1-2 tsp. cinnamon
2 c. water
3 tbsp. butter

Pare the potatoes and cut into slices one-fourth of an inch thick. Arrange a baking dish and pour over them the water, in which has been mixed the tter, sugar and cinnamon. Bake slowly for a long time, till the water is sorbed and the potatoes are brown. Cold boiled potatoes may be used, in hich case decrease the amount of water.

LESSON VI

Dr. McCollum's menus call for meat of some kind once a day. With beef, mb, veal, pork, chicken and fish to choose from it should not be a hard task have a different meat every day. However, if the market does not afford great a variety the housewife must tax her ingenuity in varying the ethods of cooking the same foods over and over again. Leftover meats may cut in small pieces and re-heated in white sauce; or they may be made to croquettes or combined with vegetables or used as stuffiing for potatoes nd tomatoes. The following recipes are easily prepared, and since many of iem call for inexpensive cuts of meat they are valuable from the standpoint economy as well as for their ease of preparation.

Broiled Steak

Trim steak, heat broiler, rub with piece of fat. Lay in steak with fat to-ards handle, cook over coals, turn every 10 counts. Allow 8 minutes for eak 1 inch thick. This may be broiled in a pan.

Rolled Flank Steak

3 lbs. flank steak
2 strips salt pork
1 onion
1 stalk celery

Stuffing

2 c. bread crumbs	2 t. salt
1 t. chopped parsley	1-8 t. pepper
1 t. chopped onions	2 T. melted butter

Wipe meat and remove all membrane. Make stuffing by moistening br crumbs with hot water. Add seasoning and butter, spread over the meat a roll up. Tie or skewer it and sear in a hot pan. Place in a heavy cook vessel, put in onion and 1 pint boiling water. Cover closely, bring to a boiling point, and cook in fireless cooker. Potatoes, carrots or turnips m be added one hour before it is done.

Hamburg Steak

1 lb. lean beef	2 crackers
2 rings onion	1-8 t. pepper
1 egg	1 t. salt
1 T. lard	2 T. flour

Chop meat, removing all stringy pieces. Roll crackers and mix with e seasoning and meat. Make into balls, using 2 tablespoons for each b Dust with flour and flatten. Heat lard in pan and brown balls quickly ove hot fire. This may be made into a loaf and baked. Serve with tomato sau

Beef Stew

2 lbs. beef	2 t. salt
1 onion	1-2-ssp. pepper
1-2 c. carrot	1 c. turnip
6 small potatoes	Water to cover

Wipe meat and cut in 2-inch pieces. Put the meat with onion into kettle, and cover with boiling water. Add the salt and pepper and set ba to simmer slowly. Cook until meat is tender, about 2 1-2 hours. Boil t vegetables in a separate saucepan, starting about one-half hour before st is to be served. Just before serving, remove meat and vegetable stock a thicken with flour, mixed with cold water. Cook five minutes and pour ov meat and vegetables.

Pan-broiled Chops

Wipe chops clean and put into a hot frying pan, without fat; turn as so as seared; brown nicely on both sides; put on hot platter; season with sa pepper and butter. Beefsteak may be cooked in the same way. Never put into the frying pan for beef or mutton.

Roast Chicken

Dress and wash fowl, stuff and rub with salt and flour. Tie into shap Place in pan and add a little hot water. Cook in a hot oven and when t flour begins to brown baste with hot water. Reduce the heat of the ov and baste every 10 minutes. Cook until the breast meat is tender.

Fried Chicken

Clean and cut in pieces for serving. Sprinkle with salt and pepper and co thickly with flour. Cook in deep fat until a golden brown.

Chicken Croquettes

1 c. cold minced chicken	1 t. pepper
1-2 t. salt	1-2 c. white sauce
1-4 t. celery salt	1 t. lemon juice
1 t. parsley	

Mix the ingredients adding the white sauce a little at a time until a stiff xture is obtained. Shape into croquettes; roll in crumbs, then in egg, and o crumbs again. Fry in fat. Croquettes may be baked instead of fried. ier meats, such as veal, fish, brains, and sweetbreads, may be substituted the chicken.

Baked Fish

lean and wipe the fish, remove the backbone by running the knife down back, keeping it close to the bone. Lay one side of the fish on the pan in ich two one-inch strips of cloth have been placed to help lift the fish. Lay the stuffing, pressing firmly into place, cover with the other half and ten with skewers. Sprinkle with salt, pepper and flour and dot with bits butter. Put a little hot water into the pan and bake until brown and the sh flakes. Garnish with parsley and slices of lemon.

Fish Stuffing

1-2 c. cracker crumbs	1-4 t. salt
1-2 c. bread crumbs	1 t. chopped pickle
1-4 c. hot water	Few drops onion juice
1 t. chopped parsley	1-8 t. pepper
2 T. butter	Mix all together

LESSON VII

In the dinner menus, in many cases, fruit, either fresh or canned, is indi-ed as the dessert. Dr. McCollum recommends the custom as he says we e not likely to eat too much fruit; that a dessert of fruit is easy to pre-re and that it can be enjoyed by children and grown-ups alike.

Suggested fruit desserts are sliced oranges with shredded cocoanut, apples, d grapes, canned peaches with cream, apples, strawberries, and sliced nanas with cream.

Three recipes for cooked desserts that are wholesome and easy to prepare e given below:

Baked Apples

Wipe and pare apples, put in baking dish and fill cavities with sugar and ice. Use 1-2 cupful sugar, 1-4 teaspoonful cinnamon, few gratings nutmeg, d a few drops lemon juice. Cover bottom of dish with boiling water and ke in hot oven until soft. Baste often with sirup in dish. Serve either hot cold with whipped cream.

Boiled Custard

1 qt. sweet milk	2 t. flavoring
1 c. sugar	1-8 t. salt
4 eggs	

Scald the milk, beat the yolks and sugar; pour the scalded milk into the gs and sugar, beating all the time; turn the mixture back into the double iler and cook till the mixture coats the spoon; remove from the fire, cool ightly, and mix in the beaten whites of the eggs; add salt, cool and flavor. his custard may be frozen for ice cream. The addition of 1 pint of cream akes a richer dish.

Cup Custard

Instead of turning the custard mixture into a double boiler, pour it into ips and dust over with nutmeg. Set the cups in a pan of hot water and ake in a slow oven till set.

LESSON VIII

It is customary in the South to serve the main meal in the middle of day, though the custom of serving dinner at night is growing in favor many people. Busy people find that they can do better work with a meal at noon, reserving dinner for night when there is more time for re tion and enjoyment. If the dinner menus given in Lesson IV are serve noon a light supper should follow at night. If dinner is served at nig simple luncheon should be eaten at noon. It is a matter of personal pr ence whether dinner shall be served at noon or at night, and for that reas few menus are suggested for both lunch and supper.

LUNCH

Chicken Soup with Rice
Creamed Dried Beef Baked Potatoes
Cabbage and Cucumber Salad Bread and Butter
Baked Apples with Cream

LUNCH

Cream of Tomato Soup with Croutons
Scalloped Potatoes with Bacon Cheese
Apple and Celery Salad Bread and Butter

LUNCH

Egg, Olive, and Potato Salad
White Muffins with Butter Milk Pear Conserve
Sliced Oranges with Shredded Cocoanut

LUNCH

Cream-of-corn Soup with Crackers
Fried Eggplant Scalloped Potatoes with Bacon
Cabbage-and-Nut Salad Bread and Butter Tea

LUNCH

Vegetable Soup with Crackers
Maccaroni and Cheese Stuffed Green Peppers
Cole Slaw Bread and Butter Milk Tea

SUPPER

Soft Boiled Eggs Hashed Brown Potatoes
Bread and Butter Banana-and-Nut Salad Cocoa
Canned Peaches with Cream Wafers

SUPPER

Welsh Rarebit on Toast
Celery Strawberry Jam Chocolate
Apples

SUPPER

Broiled Ham with Milk Gravy Mashed Potatoes
Milk Bread and Butter Coffee
Grapefruit and Celery Salad

The creamed vegetables with white sauce in Lesson IV and the soup potato recipes in Lesson V are all good for luncheon dishes. Almost fruit or vegetable can be made into a satisfactory salad if it is fresh and cr

Have everything cold. The ingredients should be carefully proportio for the dressing and should be well blended, so that it will be neither oily acid. It is necessary to have the whole well mixed.

French Dressing

3 t. olive oil	1-8 t. pepper
1-2 t. salt	1-2 t. sugar
1 1-2 t. vinegar	

ut the oil into a bowl. Stir in the salt, pepper and sugar. Stir in the gar, a few drops at a time. Serve on lettuce. Lemon juice may be used the vinegar. Onion juice and chopped parsley may be added when the ssing is for vegetables.

Boiled Dressing

2 eggs	2 T. butter
2 T. sugar	1 T. corn starch
1-4 t. pepper	1 T. mustard

lix the butter, mustard, pepper, salt and sugar in the vinegar. Place on fire to heat. Beat the eggs in a double boiler with the corn starch. When vinegar is hot pour it into the eggs, stirring until the mixture thickens. l. One-fourth cup whipped cream folded in just before serving adds to the ness of the dressing.

Mayonnaise

1 t. salt	2 c. salad oil
1-8 t. cayenne pepper	1. T. lemon juice
1. T. vinegar	2 egg yolks

Have all the ingredients cold. Set the bowl containing the egg yolks into a vl of crushed ice; add the salt and pepper; beat well. Add 2 tablespoonfuls oil, a few drops at a time, stirring constantly. Now alternate oil with vine-, putting in larger quantities each time.

A cupful of chili sauce added to the above recipe makes a very good substi- e for Russian dressing and is delicious when served with head lettuce. r cole slaw use the boiled dressing.

Grape Fruit and Pineapple Salad

3 grape fruits	1 pineapple

Prepare fruit and cover with French dressing or mayonnaise with a little ipped cream added.

Lettuce and Tomato Salad

Arrange heart lettuce and slices of tomato on salad dish. Serve with ayonnaise.

Banana Salad

Arrange sliced bananas on lettuce leaf on salad plate. Pour over this one blespoonful crushed peanuts. Mask with mayonnaise.

Stuffed Tomatoes

Select medium sized tomatoes of uniform size. Remove skins by immersing boiling water one minute. Remove inside of tomato carefully. Mix with little cold, finely chopped meat, season highly, refill tomatoes, cover with ayonnaise and serve very cold.

Left-over vegetables and fruits may be combined in many attractive ways d served with a dressing, making a delicious salad.

LESSON IX

For supper many of the recipes given in Lesson VIII can be used. Eggs e the foundation for a number of supper dishes, a few of which are given low.

Popovers and omelets are made light by the expansion of air. No leaven-

ing agents are used. They require a slow oven. If failures are made, f are usually traced to having too slow an oven or removing from oven b thoroughly done.

Popovers

1 c. flour	2 eggs
1 c. milk	1-2 t. melted butter
1-4 t. salt	

Set muffin pans on stove to heat; grease with lard or butter, using enough to keep the batter from sticking. Sift the flour and salt together; the milk gradually and the well-beaten egg. Beat with a Dover egg beat minutes or more. Bake in a hot oven 30 to 35 minutes. Unless the popo are baked until they are hard and crisp they will fall.

Plain Omelet

4 eggs	4 T. hot water
1-2 t. salt	1 T. butter
Few grains pepper	1 1-2 c. thin white sauce

Separate yolks from whites; beat yolks until thick and lemon-colored; salt, pepper and hot water. Beat whites until stiff and dry, cutting and ing them into first mixture until they have taken up mixture. Heat om pan and butter sides and bottom. Turn in mixture, spread evenly, place range where it will cook slowly, occasionally turning the pan that om may brown evenly. When well "puffed" and delicately browned underne place pan on center grate of oven to finish cooking the top. The omele cooked if it is firm to the touch when pressed by the finger. If it cling the finger like the beaten white of egg it needs longer cooking. Fold and t on hot platter and pour around 1 1-2 cupfuls thin sauce.

Creamed Eggs

3 hard cooked eggs	1-2 t. salt
1 T. butter	1-3 t. pepper
1 T. flour	5 slices toast
1 c. milk	Parsley

Make thin white sauce with butter, flour, milk and seasonings. Sepa yolks from whites of eggs. Chop whites finely and add them to the sa Cut four slices of toast in halves lengthwise. Arrange on platter and p over the sauce. Force the yolks through a potato ricer or strainer, sprinkl over the top. Garnish with parsley and remaining toast, cut in points.

Spoon bread is a favorite Southern dish and is delicious when served w thin slices of crisp bacon.

Spoon Bread

2 c. cold cooked hominy	1-2 c. cornmeal
2 T. butter	1 t. baking powder
2 eggs	2 c. sweet milk
1-2 t. salt	

Scald meal in the milk; beat the eggs and add them to the salt a hominy. Cool milk slightly and combine mixtures. Bake in a buttered p ding dish. Bacon fat may be used instead of butter.

Parker House Rolls

2 c. scalded milk	1 t. salt
3 T. butter	1 yeast cake dissolved in
2 T. sugar	1-4 c. lukewarm water
Flour	

Add butter, sugar and salt to milk; when lukewarm, add dissolved ye cake and 3 cups flour. Beat thoroughly, cover and let rise until light;

vn and add enough flour to knead (about 2 1-2 cups). Let rise again, toss floured board, knead, pat and roll one-third inch in thickness; shape with cuit cutter, first dipped in flour, and with it make a crease through the ddle of each piece. Brush over one-half of each piece with melted butter, d and press edges together. Place in greased pan, an inch apart, cover, let e, and bake in hot oven 12 or 15 minutes. As rolls rise they will part ghtly, and if hastened in rising are apt to lose their shape.

Salad or Dinner Rolls

Use same ingredients as for Parker House Rolls, allowing one-fourth cup tter. Shape in small biscuits, place in rows on floured board, cover with th and pan and let rise until light and well puffed. Flour handle of oden spoon and make a deep crease in middle of each biscuit; take up and ss edges together; place closely in buttered pan, cover, let rise and bake 12 15 minutes in hot oven. From this same mixture, crescents, braids, twists, w knots, clover leaves, and other fancy shapes may be made.

Boiled Coffee

4 T. coffee
1 pt. boiling water
1-4 egg, white

Scald coffee pot. Mix the egg and coffee with 2 tablespoonfuls of cold ter. Put this into pot and pour on freshly boiled water. Boil 3 minutes. ur a little coffee from the spout to remove grounds and pour back into pot, ding 1-4 cup cold water to settle the grounds that may be floating in the ffee. Egg shells may be used instead of egg to clarify coffee.

Tea

2 tsp. tea
1 pt. boiling water

Scald teapot, put in tea and pour on freshly boiled water. Steep 3 minutes.

Chocolate

1 oz. chocolate
3 T. sugar
2 cups scalded milk
1 cup boiling water
1-2 t. flavoring

Melt the chocolate, stir in water a little at the time. Add sugar and cook minutes. Pour into a double boiler with scalded milk. Add flavoring anilla), beat and serve.

Buttermilk Biscuits

2 c. flour
1 t. salt
1-2 to 2-3 c. buttermilk
1-4 t. soda
3 T. shortening
1 t. baking powder

Mix as in Baking Powder Biscuit. (See Lesson X.)

Waffles

2 c. flour
3 t. baking powder
1-2 t. salt
2 eggs
1 1-2 c. milk
1 T. melted butter

Mix in order given, adding beaten yolks with milk, then the butter, and ld in the beaten white last.

Flour Batter Cakes

Use the same recipe as Waffles.

Corn Meal Muffins

1 1-2 c. corn meal
1 t. salt
1-2 to 1 t. soda
2 T. lard
1-2 c. flour
1 1-2 c. buttermilk
1 egg

Beat egg, add milk and salt. Sift the flour and meal together, then into it the liquids. Pour in the melted lard and add soda mixed wi tablespoonfuls of water. Pour into hissing hot greased pan and bake hot oven.

Sour Milk Griddle Cake

2 c. flour
1-2 t. salt
2 eggs
1 t. soda
1 3-4 c. sour milk

Mix and sift salt, soda and flour. Add sour milk and beaten yolks. in the beaten whites, bake in a hot greased griddle. Serve with brown s sirup.

Brown Sugar Sirup

2 c. light brown sugar
1-2 c. water

Stir sugar and water over fire until the mixture begins to boil; cook t it forms a sirup (about 5 minutes). A little lemon juice and melted bu may be added, if liked.

LESSON X

The typical American breakfast consists of fruit, cereal, bacon and e toast and coffee. Since we have a wide range of fruits and cereals to ch from and so many different ways of preparing eggs the menu does not s quite so monotonous as it would at first appear. And, too, biscuit, muf waffles, and griddle cakes are frequently added to give variety. Cre instead of milk, should be served with the cereal, and butter is always se at breakfast.

Oranges may be cut in half, or peeled and sliced for breakfast. M people prefer to drink the juice of oranges and grape fruit rather than h them served in any other way. The juice is usually served in a small g placed on a plate or small bowl, with crushed ice surrounding the glass.

Grapes and peaches are also good fruits to serve for breakfast.

Oatmeal in Fireless Cooker

6 c. water
2 t. salt
2 c. oatmeal

Add oatmeal gradually to boiling salted water; cook rapidly for 10 minu stirring constantly. Place in fireless cooker overnight. Re-heat by pla cooker pan in a pan of hot water over the fire.

Soft Cooked Eggs

Have a saucepan nearly full of boiling water. Add eggs, carefully; c and set on back of stove where the water cannot boil. For very soft coo eggs let stand 5 minutes; medium, 8 to 10 minutes.

Hard Cooked Eggs

Follow above directions, letting eggs stand thirty minutes, being car to keep water just below the boiling point.

Baking Powder Biscuits

2 c. flour
4 t. baking powder
1 t. salt
2 T. lard
3-4 c. milk

Mix dry ingredients and sift twice; work in lard with tips of fingers; gradually the liquid, mixing with knife or spoon to a soft dough. Place floured board, pat and roll lightly to one-half inch in thickness; cut out bake in hot oven.